



MAKING HEALTHY CHOICES

Food or Drink	Energy (Kilojoules) Per 100g	Saturated Fat (g) Per 100g	Sodium (mg) Per 100g
Savoury Pastries, Pizza	>1000 kj	>5g	>400mg
Crumbed & coated Foods, eg sausages	>1000kj	>5g	>700mg

Food or Drink	Energy (Kilojoules) Per 100g	Saturated Fat (g) Per 100g	Sodium (mg) Per 100g	Fibre (g) Per Serve
Sugar Drinks	>300kj		>100mg	
Snacks & Biscuits	>600kj	>3g		>1.0g
Savoury Snack & Biscuits	>600kj	>2g	>200mg	
Ice-cream & dairy	>600kj	>3g		
Cakes muffins & sweet pastries	>900kj	>3g		<1.5g

Key: > means more than
< means less than



School Canteen Information



**Serving your school
5 days per week**

Operating Hours

Before School: 8:15–8:45am
Morning Tea: 11:00–11:30am
Lunch: 1:00–1:40pm
☎: 3382 4328
🌐: www.windaroo.ss.eq.edu.au

Did you know that our Canteen is online?

- Our school canteen has a great online ordering facility:
- Easier for parents and the canteen
- Pre-paid online—no cash required
- Faster and more accurate
- Order in the morning, or a week in advance

A parent or carer will need to register on the website to order from the online menu. Instructions below...



Registration is easy:

1. Go to www.flexischools.com.au
2. Click **Register now!** and enter your email address
3. You will be emailed a link to complete the contact details and credit card information
4. Nominate how much you would like to put into your online canteen account
5. For each of your children click **Add a Student** and enter the school and class.

You can then login at any time and order!

Need Help? Call 1300 361 769

Before School

Before school sales will be limited to menu items only. Morning Tea and Big Lunch orders will be taken.

Morning Tea

As the children get older, Morning Tea does not need to be ordered as a variety of sandwiches, wraps, hot food and drinks can be purchased over the counter. However it is easier for our **Prep students** to place an order so it can be delivered to their eating area.

Big Lunch

Big lunch operates on the ordering online system, however we still have a bag ordering system (which will be phased out over time).

Clearly write your child's name, class and lunch order on the front of a brown paper bag. You can have a separate bag for drinks).

Please help busy canteen staff by :

- ◆ Using a pen
- ◆ Adding up the total amount due using current prices
- ◆ Placing correct money inside the bag

Any change will be taped to the inside of the bag.

When ordering items that are not suitable to be sent to the classroom (e.g. Iceblocks, Slush Puppies etc) a stamp will be placed on the bag and after eating their lunch the child can bring the stamped bag to the canteen to collect their items. Children do not need to wait in line for collection of these items—they go directly to the fast track lane. A smiley face is also put on the Prep and Year 1 student's bags as a visual reminder that they need to visit the canteen to collect an item.



What can you do to help out!

1. Take a little time with your child to choose a healthy lunch together.
2. When using the online system—be sure to order before 9:30am
3. When using the bag ordering system—ensure all orders are easily read, with current prices totalled and money inside—no sticky tape or staples please.
4. A separate bag for every child's order.
5. Remember to put lunch orders in class baskets (school bags can't cook). Late orders are difficult to prepare and substitutes may be given.
6. Check newsletters for updates, specials and price changes.

If your child has no lunch, they will be given a sandwich and a small milk or water only. A note will then be sent home that day with payment due the next school day.

Please remember that we are human and mistakes can happen. If there is a problem with your child's lunch we need to know ASAP so we can sort it out. Encourage your child to come and speak to us at the Canteen.

We do not like to have hungry or upset children.



Finally, if you can spare any time to volunteer in our Canteen, even a few hours a month we would love to see you.

Lunch, tea or coffee is provided.

Come in and see Kylie or phone the Canteen on 3382 4328 if you can help.